

CHEESY RICE BREAKFAST BAKE

Serves: 6

Hands-on time: 15 minutes

Hands-off time: 40 minutes

INGREDIENTS

- 1 cup Spekko Long Grain Parboiled White Rice
- 1½ tsp salt, to season
- ⅔ cups full cream plain yoghurt
- 8 medium eggs
- 2 cups grated cheddar cheese
- 1 tsp pepper, to season
- 1 tbsp oil
- 8 slices bacon, diced
- 1 green pepper, chopped
- 1 cup sliced mushrooms
- 1 tin (410g) tomato and onion mix

Serving suggestion:

- Fresh coriander, chopped
- Mushroom sauce
- Leafy green salad

METHOD

1. Preheat the oven to 180°C. Grease and line the base and sides of a 20x20cm cake tin, or baking dish, with baking paper.
2. Add the Spekko Long Grain Parboiled White Rice and 2 cups of water with ½ teaspoon of salt in a medium pot. Bring to the boil, uncovered. Reduce the heat to a low, cover and allow to simmer for about 15 minutes until just tender. Turn off the heat and allow the rice to steam, lid on, for a further 5-10 minutes. Remove the lid, loosen it slightly with a fork and allow to cool.
3. Add the yoghurt, 2 eggs and 1 cup of grated cheddar cheese to the cooled rice. Season to taste with ½ teaspoon of each salt and pepper and mix well.
4. Spoon the rice into the prepared tin and press the rice down to compress into a cake. Bake for 15-20 minutes, until just lightly golden and starting to crisp up lightly.
5. In a pan over a medium-high heat, add the oil and fry the bacon for 5 minutes, or until slightly crispy. Add the chopped green pepper and mushrooms to the bacon, sauté for 5 more minutes until cooked. Pour the tomato and onion mix into the pan, cooking down for 5 minutes until slightly reduced. Season to taste with the remaining salt and pepper, and remove the pan from the heat.

6. Spoon the reduced tomato sauce onto the rice surface in the tin, spreading it in an even layer before generously sprinkling the remaining cup of cheese evenly across the surface.
7. Using the back of a spoon, create 6 evenly-spaced shallow holes in the cheese layer. Crack an egg into each hole, return the cake tin to the oven and bake for 12-15 minutes, or until the eggs are cooked to your liking. **Chef's Tip: Cover with foil to evenly steam the eggs.*
8. Remove from the oven and allow to cool slightly. Carefully remove the baked rice from the cake tin, place on a large serving plate and cut into 6 even portions.
9. Garnish with fresh chopped coriander. Serve a portion alongside a leafy green salad. Serve and ENJOY!